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the Kansas Army National Guard

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On the Cover

As the snow piles up in blizzard conditions, Spc. Ben Pitts, loader and Staff Sgt. Kevin Newell, gunner, fire a salvo during the 19-gun salute to newly inaugurated governor, Sam Brownback during inauguration festivities Jan. 10, on the south lawn of the Kansas State House in Topeka.

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PECK SELECTED FOR NEW ROLE IN KANSAS GUARD

Brig. Gen. Eric Peck has been named as commander of the Joint Forces Headquarters Kansas-Land Component (Kansas Army National Guard). He will also continue in his role of overseeing the Great Plains Joint Training Center, Salina.

"General Peck has demonstrated his leadership skills during numerous assignments at home and abroad," said Maj. Gen. (KS) Lee Tafanelli, the adjutant general. "Those skills will prove extremely valuable as the missions of the Kansas National Guard evolve in the coming years."

"The many mentors and leaders at all levels, current and past, who allowed me the opportunity to build the experiences leading to this selection remain as influential as ever in the challenges we will face together," said Peck. "I appreciate the confidence and support of General Tafanelli in allowing me to serve the outstanding troops of the Kansas National Guard."

Peck has served at all levels of command from detachment through battalion and has been assigned to the Department of the Army and National Guard Bureau staffs.

He started his military career in the Kansas Army National Guard as a UH-1 crew chief in a Combat Engineer aviation section in 1974. In 1978, he completed the Warrant Officer Candidate/Aviator Course and became a line pilot in the 920th Medical Evacuation Detachment, Kansas Army National Guard.

Peck received a direct commission to second lieutenant in 1983 in the Medical Service Corps. He served as a section leader, assistant operations officer and instructor pilot in the 920th. Peck served as assistant flight simulation branch chief, flight operations officer, training officer, and cargo/utility branch chief at the Eastern Army National Guard Aviation Training Site at Fort Indiantown Gap, Annville, Pa. He was then assigned to Fort Rucker, Ala., as the deputy director (ARNG), Directorate of Evaluation and Standardization in May 1992.

Peck served in various staff positions on both the

Staffs from 1993-1997. He was the commander of the Army's Operational Support Airlift Command from 1997-1999.

Peck returned to Kansas to serve as the state Army aviation officer for the KSARNG. He also served as the 1st Battalion, 108th Aviation Regiment commander from 1999-2001. Peck was the Kansas Army National Guard chief of staff from 2003 through 2006 when he became the chief of the Joint Staff for the Kansas National Guard. He commanded 1-6th Kansas Agribusiness Development Team during their deployment to Afghanistan from October 2008 through March 2010. He was promoted to brigadier general and assigned as commander of the Great Plains Joint Training Center in October 2010.

His military education includes the Medical Service Corps Basic Course, Aviation Officers Advance Course, Command and General Staff College, U.S. Army War College, the Aviation Safety Officers Course, USAF Joint Firepower Control Course and the Army Essential Medical Training Course. His civilian education includes a bachelor of science degree in journalism and mass communication from Kansas State University and master's degrees in computer and information systems management from Webster University and in Strategic Studies from the U.S. Army War College.

Peck's military decorations include the Bronze Star, Meritorious Service Medal with four oak leaf clusters, Army Commendation Medal with two oak leaf clusters, the Army Achievement Medal, Army Reserve Components Achievement Medal with seven oak leaf clusters, Afghan Campaign Ribbon with bronze star, National Defense Service Medal, Global War on Terrorism Ribbon, Armed Forces Reserve Medal, Army Service Ribbon. He has earned the Combat Action Badge and the Army Master Aviator Badge.

Peck is married to the former Lillis Heldenbrand of Manhattan, Kan. They have two children, 2nd Lt. Georgia Schafer and Ely.



Brig. Gen. Eric Peck, Commander, Joint Forces Land Component

Command News:

Army National Guard to Transition to GoArmyEd

Effective June 2011, United States Army National Guard (ARNG) Soldiers will begin the transition to GoArmyEd, the Army's enterprise education system serving both components as a Virtual Gateway to Education—Anytime, Anywhere.

GoArmyEd currently supports Active Duty and Army Reservists as a one-stop Web site that allows Soldiers, Army Education Counselors, and schools to conduct business for all education needs in a seamless Soldier-centric environment. June's transition realizes the Army's vision for an enterprise system serving all Army components.

GoArmyEd will give you 24/7 online access to register for classes, access to your counselor, school, or the GoArmyEd Helpdesk, and many self-service features that put you in the driver's seat as you plan for and pursue your education goals. You will be able to identify courses that advance you toward your degree and view your tuition assistance (TA) balance for the year. You'll also be able to review your individual degree plan, student record, course history, grades, and other information necessary to reach your goals. In addition, the GoArmyEd portal will enable you to withdraw from classes or request military withdrawals, resolve recoupments and holds, and request reimbursements for courses not offered through the portal... all online.

So, what do you need to do? At this time, nothing is required of you other than reading this message, which is intended to give you advance notice of the exciting changes affecting the way you access your TA benefits. GoArmyEd will be sending out invitations for you to set-up an account in June 2011, which will include detailed directions to support your transition. Key milestone dates to be aware of are:

June 4 2011—Schools with historical ARNG enrollments set-up in GoArmyEd; ARNG Soldiers begin setting up accounts in GoArmyEd; after completing their account set-ups, ARNG Soldiers will be restricted from requesting TA in GoArmyEd until August 1, 2011.

August 1, 2011—ARNG Soldiers begin requesting TA in GoArmyEd for courses that start on or after 1 October 2011. ARNG Soldiers will continue to use the current National Guard system to request courses that start prior to October 1, 2011.

October 1, 2011—All ARNG Soldiers and Army education personnel begin using GoArmyEd to manage TA for courses that start on or after 1 October 2011; schools using GoArmyEd receive TA requests, process grades, and submit invoices for courses that start on or after October 1, 2011; the current National Guard education system is used only for grade reporting, invoicing, and recoupment processing for courses that started prior to October 1, 2011.

If you currently have an active GoArmyEd account simply continue to use the system based on your current eligibility.

National Guard Association Annual Meetings, Family Program Banquet

This year's National Guard Association meeting will be held in Lawrence, March 25-27 at the Lawrence Holiday Inn and the University of Kansas Student Union.

More information about the annual meetings can be found on the Enlisted Association of Kansas website at www.EANGKS.org.

Likewise, the Family Program Banquet and the National Guard Association of Kansas will hold their annual meetings in conjunction with the EANGKS conference.

Space is limited and registration is highly encouraged. Childcare is available for children 5 years old and younger. The National Guard Youth Coordinator has organized a great day of training for children ages six to 17.

For additional information or to register for the annual meetings, be sure to go to the EANGKS web site or the NGAKS web site at www.ngaks.org.

For those members wanting to participate in the annual golf outing, registration is now open. The event will be held at Alvamar Golf Club, 1800 Crossgate Dr, Lawrence and is limited to 36 four-person teams. Registration is \$60 per person. To register contact Max Miller at (785) 274-1114 max.miller@ng.army.mil or Jeremy Hitt at (785) 274-1104 jeremy.hitt@ng.army.mil.

Inauguration: Behind the Scenes



The inaugural color guard retires the colors at the governors inaugural ball, held at the Topeka Expo Center prior to the inauguration events on January 10.
Photo by Maj. Mike Wallace, 105th MPAD

Story by Sgt. Beverly Fortner and Spc. Stephanie Hodges,
105th MPAD

The Kansas governor's inauguration typically takes place on the steps of the State Capital where the general public and invited guests gather together to witness the swearing-in ceremony. However this year's wintry weather forced Governor Sam Brownback's inauguration to take place inside, in the Kansas House Chambers on January 10, 2011. Extreme cold and snowy weather meant a last minute change in location for the event, and members of the Kansas National Guard played a significant role as they were tasked

with supporting and covering all the various inaugural events that took place over the weekend and leading up to the inaugural ceremony. Whether participating as a band member with the 35th Infantry Division Band, or as a member of the Color Guard, or as part of the 105th Mobile Public Affairs Detachment, or a multitude of other assignments, the Soldiers of the Kansas National Guard stepped up to fulfill their duty and role in supporting the tradition and history of swearing in the new governor for the state of Kansas.

See "Inauguration" continued page 16

Important Changes to TriCare

STATE OF KANSAS EMPLOYEES

The signing of the fiscal year 2011 National Defense Authorization Act into law enables TRICARE to extend coverage to eligible adult children up to age 26. A premium-based TRICARE Young Adult (TYA) program is expected to be in place later this spring.

The Patient Protection and Affordable Care Act of 2010 required civilian health plans to offer coverage to adult children until age 26. TRICARE previously met or exceeded key tenets of national health reform, including restrictions on annual limits, lifetime maximums, "high user" cancellations, or denial of coverage for pre-existing conditions - but did not include this expanded coverage for adult children. Dependent eligibility for TRICARE previously ended at age 21, or age 23 for full-time college students.

The fiscal year 2011 NDAA now gives the Department of Defense the authority to offer similar benefits to young adults under TRICARE. The law was signed by the president on Jan. 7, 2011, but full details of the TYA program will not be in place until later this spring, according to TRICARE officials.

"We have been working hard to make sure we could put TRICARE Young Adult on the fast track," said TRICARE Deputy Director, Rear Admiral Christine Hunter. "Fortunately for our beneficiaries concerned about health care coverage for their adult children, the law signed by the president includes opportunities for military families to elect this new premium-based plan retroactive to Jan. 1."

Beginning later this spring, qualified, unmarried dependents, up to age 26, will be able to purchase TRICARE coverage on a month-to-month basis - as long as they are not eligible for their own employer-sponsored health coverage.

Premium costs are not yet finalized, but the NDAA specifies that rates must cover the full cost of the program. "This program has the potential to extend TRICARE coverage to several hundred-thousand additional beneficiaries," said Hunter. "The premium allows us to provide this excellent benefit to our military families while responsibly addressing the impact of health care costs on the DOD budget."

For more on CHCBP, go to www.tricare.mil/CHCBP.

The State Employee Health Plan has made some revisions to the requirements to qualify for the new autism pilot program. The revision is a benefit enhancement and not a reduction in benefits; therefore, mailing to members' homes will not be done. Members can access the revised rider on the SEHP website www.sehbp.org and the links are provided below for each medical vendor.

A revised autism benefit rider has been posted on our website at:

Blue Cross Blue Shield of Kansas - <http://www.sehbp.org/providers/active-state-and-non-state-group/blue-cross-blue-shield>

Coventry Health Care - <http://www.sehbp.org/providers/active-state-and-non-state-group/coventry>

Preferred Health Systems - <http://www.sehbp.org/providers/active-state-and-non-state-group/preferred-health-systems>

UMR - <http://www.sehbp.org/providers/active-state-and-non-state-group/UMR>

A limited number of screening sites are now taking appointments. The full statewide schedule will be released as soon as it is finalized. If you have employees in or near the following cities, please share the information below with them at your earliest convenience due to approaching deadlines.

- Topeka
- Richmond
- Lawrence
- Manhattan
- Westmoreland
- Wichita

FAQ for TriCare Young Adult on page 15

Tafanelli takes command as TAG

From the State Public Affairs Office

Kansas Adjutant General, Brig. Gen. Lee Tafanelli, was sworn in and received his new rank of major general in a pinning ceremony on Jan. 28 at the Senate Chambers.

Tafanelli, of Ozawkie, was confirmed as adjutant general by the Kansas Senate on Jan. 27.

He was selected Dec. 10, 2010, by Governor Sam Brownback as adjutant general. He was recently promoted to brigadier general, receiving recognition by the Kansas Senate in October and by the U.S. Senate late December.

During the ceremony, Tafanelli's two stars were pinned on his shoulders by Brownback and Tafanelli's wife, Tammy.

"General Tafanelli's leadership skills, military background and political experience will be extremely beneficial in his role as adjutant general," said Brownback. "I'm pleased to have him as a part of my team."

"I appreciate the opportunity to serve the people of Kansas in this role," said Tafanelli. "The men and women of the Adjutant General's Department

are dedicated, professional and extremely good at what they do. It will be a privilege to lead them and be a part of Governor Brownback's team."

As adjutant general, Tafanelli is responsible for the preparation and training of more than 7,700 Kansas Army and Air National Guard citizen Soldiers and Airmen. As director of the Kansas Division of Emergency Management, he is also responsible for directing and coordinating state and local government agencies when emergencies and natural disasters strike in the state. In addition to the part-time Soldiers and Airmen, The Adjutant General's Department includes approximately 2,300 full-time state and federal employees. Tafanelli also serves as director of Homeland Security for Kansas, where he works to ensure

security in the state is a top priority. For budgetary and administrative purposes, his department is also responsible for the Civil Air Patrol.

Tafanelli has been a member of the Kansas National Guard for more than 30 years. He assumed the position of assistant adjutant general of the Kansas Army National Guard on July 19, 2010, and was the commander of the Kansas Army National Guard. Tafanelli previously served as commander of the 69th Troop Command and the director of operations for the Kansas Guard.

He joined the Kansas Army National Guard in 1980 and was commissioned as a second lieutenant in

the Corps of Engineers through Pittsburg State University's Reserve Officer Training Corps program in 1982. Tafanelli has served in a wide variety of command and staff positions as a traditional Guardsman, Active Guard and Reserve, and Active Duty Soldier at the company, battalion, brigade, state headquarters and Department of the Army level. In 2005, he deployed with the 891st Engineer Battalion (Combat) in support of



Brig. Gen. Lee Tafanelli receives his oath of office as adjutant general from the Honorable Lawton Nuss, chief justice of the Kansas Supreme Court. Tafanelli was sworn in and promoted to major general in the Kansas Senate chambers on Jan. 28, 2011.

Photo Provided

Operation Iraqi Freedom.

In 1999, Tafanelli received a master's degree in Environmental Planning and Management from Kansas State University and is a 2008 graduate of the U.S. Army War College. His awards and decorations include the Bronze Star Medal, Meritorious Service Medal, Army Commendation Medal, Army Achievement Medal, Global War on Terrorism Medal, Iraq Campaign Medal, Combat Action Badge, Parachutist Badge and Air Assault Badge.

Prior to becoming the adjutant general, Tafanelli was a state representative for the 47th District in the Kansas Legislature. He also worked at Kansas State University as a program coordinator for the National Agricultural Biosecurity Center.

Soldan new Chief of Staff for Kansas

From the State Public Affairs Office

Col. Alan K. Soldan, operations director for Joint Forces Headquarters Kansas, Kansas National Guard, has been selected as the new chief of staff for the Kansas Army National Guard (Joint Forces Headquarters Kansas – Land Component). He replaces Col. John Andrew, who is taking the position of chief of staff for the 35th Infantry Division, Fort Leavenworth.

Soldan, of Topeka, assumed his new position Jan. 15, 2011.

“Col. Soldan is a seasoned, combat-experienced officer who thoroughly understands the missions of the Kansas National Guard both at home and in the international arena,” said Maj. Gen. Tod Bunting, the adjutant general. “I’m confident he’ll continue his proven record of success in this new leadership position.”

“It is an honor to be chosen for this challenging position and have the opportunity to serve the citizens of Kansas, our Soldiers and the leadership of the Kansas National Guard in the new role,” said Soldan.

Soldan began his military career in 1979 as an enlisted infantryman in the Kansas Army National Guard’s 1st Battalion, 137th Infantry Division, Wichita. He was commissioned in 1982 at Fort Benning, Ga., after graduating from the U.S. Army Officer Candidate School, he then served as an infantry platoon leader and later as weapons platoon leader, and battalion support platoon leader in the 1-137th.

He was selected for the Initial Entry Rotary Wing Aviator Course, graduating in January 1987. Soldan was assigned to the 435th General Support Aviation Company and served in various positions, including 35th Division Artillery platoon leader and observation platoon leader. In April 1989, he was assigned as the commander at Company D, 135th Aviation Regiment. In September 1990, Soldan became an Active Guard and Reserve (AGR) officer and was transferred to Headquarters, 1st Battalion, 108th Aviation Regiment as the assistant operations and training officer, later serving as the personnel officer, operations and training officer, and battalion officer in charge. In July 1999, he was transferred to the Joint Forces Headquarters Kansas and assigned as the training officer for the Kansas Army National Guard as an AGR officer. He was promoted to lieutenant colonel in January 2001. In 2002, Soldan was reassigned as the operations officer for the 69th Troop Command, Wichita,

as a traditional Guardsman. In 2003, Soldan was selected to command the 1-108th. While in command, Soldan led the 1-108th through a variety of traditional and overseas exercises, operations, and deployments, including deploying a contingent of the 1-108th to Panama for six months in support of Operation New Horizons and subsequently deployed aircrews to New Orleans, La., in support of hurricane relief operations. In April 2006, the battalion deployed to Fort Hood, Texas, and subsequently to Iraq in support of Operation Iraqi Freedom 06-08. While deployed, the battalion flew more than 21,000 flight hours, 18,250 of which were in support of combat operations in Iraq. Soldan was assigned as an AGR officer as the deputy chief of staff for aviation and was promoted to colonel in July 2007.

Soldan has attended numerous military schools including the U.S. Army War College, Infantry Officer Basic Course, Infantry Mortar Platoon Officers Course, Officer Rotary Wing Aviator Course, OH-58A Aircraft Qualification Course, Aviation Officer Advanced Course, Combined Arms and Services Staff School, UH-60 Aircraft Qualification Course, Command and General Staff Officer Course, Defense Strategy Course, Reserve Component National Security Course and the Reserve Component National Security Issues Course.

Soldan’s awards and decorations include the Bronze Star Medal, Meritorious Service Medal with three oak leaf clusters, Air Medal, Army Commendation Medal with three oak leaf clusters, Army Achievement Medal with one oak leaf cluster, Army Reserve Components Achievement Medal with four oak leaf clusters, Iraqi Campaign Medal, Global War on Terrorism Service Medal, National Defense Service Medal, Armed Forces Reserve Medal with silver hourglass device and “M” Device, Army Service Ribbon, Overseas Service Ribbon, Army Reserve Component Overseas Training Ribbon with Numeral 4 device and the Senior Army Aviator Badge. His other awards include the Kansas National Guard Service Medal with two devices, Kansas Emergency Duty Ribbon, Kansas National Guard Achievement Ribbon, Mississippi National Guard Magnolia Medal and the West German Army Shutzschnur in bronze.

Soldan is a member of the National Guard Association of the United States, the National Guard Association of Kansas, the Honorable Order of Kentucky Colonels and the Sports Car Club of America.

Command Post Exercise prepares BNDF for peacekeeping mission

Story and photo by Staff Sgt. Heather Stanton, Combined Joint Task Force-Horn of Africa PAO

A three-officer team from the 2nd Combined Arms Battalion, 137 Infantry (2-137th) with Combined Joint Task Force-Horn of Africa (CJTF-HOA) recently returned from Burundi where they worked alongside the Burundian National Defense Force (BNDF) in a command post exercise.

The exercise was the capstone of a U.S. Department of State-sponsored Command Staff Operations Course. The five-week course is where battalion commanders and staff learn the North Atlantic Treaty Organization (NATO) military decision making process, according to James Cobb, U.S. State Department Program Country Manager for Burundi. During the exercise, the BNDF used what they previously learned in a scenario similar to what they may experience during their upcoming peacekeeping mission.

"If you look back through history, staff work probably gets more Soldiers killed on the battlefield than an actual engagement, (more) than poor tactics decisions," said Lt. Col. Gregory Mittman, 2-137th commander. "Poor staff work can lead large numbers of soldiers down the totally wrong path with no options. If we continue to help them refine their staff work, ideally, they'll be able to minimize their own casualties and try to lessen the suffering on innocent populations."

During the command post exercise (CPX), the BNDF battalion worked as though they were in position at their deployed location, Mittman said. They were given fragmentary orders from brigade telling them they were going to proceed as a brigade and what their role would be. With the order, they used the MDMP: analyze the situation, figure out the best course of action, "war game" the course of action, make a final decision and execute that decision.

Though a language barrier was an obstacle during the week-long exercise, the biggest obstacle to overcome was that the BNDF staff officers and soldiers lacked the fundamental understanding that would be inherent to an American Soldier at that rank, Mittman said.

"(For the CPX) we don't have a communications director. The operations and intelligence directors were just picked from the ranks," Mittman explained. "In our military, those people would be specifically branched and tracked that way."



Burundian National Defense Force (BNDF) Captain Claver Nahimana discusses the morning brief with Lt. Col. Gregory Mittman, commander, 2nd Combined Arms Battalion, 137th Infantry, during a command post exercise (CPX) in Burundi. The CPX allowed the BNDF battalion to work as a command element before an upcoming deployment.

To overcome this obstacle was a slow and steady process, but the soldiers powered through it.

"You try to teach through it," Mittman said. "Sometimes you don't realize there is a problem until it is needed. You go through and ask questions and you find out there is a very basic piece of information missing that is causing a lot of problems. You go back and try to fix it and go on through. It's trial and error."

The CJTF-HOA Soldiers provided a military presence that their U.S. State Department counterparts did not necessarily possess.

"All of the (U.S. State Department) instructors have a wealth of experience and are all very competent," Mittman said. "But the fact that someone is here wearing the uniform brings some legitimacy. (It says) 'here is real-time information straight out of the ranks of the U.S. military.'"

The U.S. military partners with the U.S. State Department in many capacities to assist in developing African armies' skills for peacekeeping operations throughout Africa, according to Cobb.

See "CPX" continued page 10

“CPX” continued from page 9

“It helps both Americans and Africans,” Cobb said. “It gives us an opportunity to partner together, and part of our exchange is we provide them with a baseline of doctrine and information that is NATO-standard and can be applied to all peacekeeping operations on the continent. It also gives (African) battalion commanders an opportunity to train their staff with our assistance.”

Mittman understands the main purpose of his presence in Burundi was not to teach the BNDF how to conduct their operations, but really to build a partnership with the force and share best practices.

“The truth is, I really like doing these types of engagements,” Mittman said. “They’re inexperienced in some areas, but there is nothing I can teach them about how to fight a war. They’ll know more than I ever will about how to fight. But hopefully, if we can bring them a little bit of sophistication with regard to staff work here, it’ll lessen the casualties they are having (while deployed) and help them be more accomplished in finishing their mission.”

Sign up now!!!



Kansas National Guard 2011 Adjutant General's
Combat Marksmanship Championship Match

Rifle—Pistol

April 29 to May 1, 2011

To sign up, please contact:

Capt. Gleb Gluhovsky, 2/130th FA
913.486.6530

Tech. Sgt. David Salinas, 190th ARW Air Guard
785.608.3685

Museum of the Kansas National Guard Unit Brick Patio Project

It's time to honor your unit!!!

With the purchase of 30 new bricks, the Museum Board will purchase two specially painted and engraved header stones to outline your unit area. You decide the design you prefer to honor your organization. The goal is to have every unit represented.

Units with existing bricks are encouraged to purchase header bricks for their unit areas. To purchase, mail your design to the museum with check or money order to:

Kansas National Guard Museum
ATTN: Unit Brick Project
6700 S Topeka Boulevard, Bldg 301
P.O. 19285
Topeka, KS 66619-0285

(1) \$150 for 8x8 color engraved stone for
Company/Battalion/Squadron

(2) \$200 for 8x12 color engraved stone for
Regiment/Brigade/Wing/Division

If you have any questions, please contact the museum at kngmuseum@aol.com or museum board project officer robert.bloomquist@us.army.mil.

Andrew new Chief of Staff for 35th ID

From the State Public Affairs Office

Col. John K. Andrew II was selected as the new chief of staff for the 35th Infantry Division, headquartered at Fort Leavenworth. Andrew replaces Col. Matt Raney, who is retiring.

Andrew, of Topeka, previously served as the chief of staff for the Kansas Army National Guard (Joint Forces Headquarters – Land Component). He assumed his new position at the 35th Infantry Division Jan. 15, 2011.

“As the Army continues to transition into a leaner fighting force, it needs leaders who are adept at solving problems and responsive to the ever-changing challenges of modern warfare,” said Maj. Gen. Tod Bunting, former adjutant general. “Col. An-

drew is just such an experienced leader and I am certain he will fill this role with dedication and vision.”

“I’m happy to be back in an operational unit at this time in history,” said Andrew. “It’s been a pleasure to serve the adjutant general with the staff at Joint Forces Headquarters and I’m anxious to start working with all the great soldiers at the 35th Infantry Division.”

Andrew attended New Mexico Military Institute in Roswell, N.M., for two years, where he was commissioned as a second lieutenant in 1982. He went on to attend Kansas State University, earning a Bachelor of Science degree in communications. He later earned a master’s degree from Kansas State in environmental management planning.

Andrew was a member of the New Mexico Army National Guard from 1980 to 1982 where he was with the 1st Battalion, 200th Air Defense Artillery in Artesia, N.M. After graduation from New Mexico Military Institute and receiving his commission, he entered the Kansas Army National Guard in 1982, serving with the 1st Battalion, 635th Armor Division. Since that time he has served as a tank platoon leader, tank company executive officer and company com-

mander, battalion operations officer, battalion executive officer and battalion commander for the 1st Battalion, 635th Armor.

Andrew’s military education includes Officer Basic and Advanced Courses, Reserve Component Tank Commander Course, Combined Arms and Services Staff School, Command and General Staff College, U.S. Army War College and other courses.

His awards and decorations include the Meritorious Service Medal with three oak leaf clusters, Army Commendation Medal with two oak leaf clusters, Army Achievement Medal, Army Reserve Component Achievement Medal with four oak leaf clusters, National Defense Service Medal with bronze star device, Global War on Terror-

ism Service Medal, Army Service Ribbon, Overseas Service Ribbon, Army Reserve Components Overseas Training Ribbon, Armed Forces Reserve Medal with “M” device, Iraqi Campaign Medal, Kansas Achievement Medal, Kansas Emergency Service Ribbon and the Kansas Army National Guard Service Medal with four oak leaf clusters.



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MORE!!!

www.va.gov

Or

2200 Southwest Gage Boulevard, Topeka, KS
5500 E Kellogg Dr, Wichita, KS
4101 South 4th Street, Leavenworth, KS

Governor: Kansas responds well to winter storm

From the State Public Affairs Office

During a news conference Feb. 4 at the Statehouse, Kansas Gov. Sam Brownback commended the work of the state's emergency responders and road crews responding to the winter storm that swept across Kansas early February. Kansas Adjutant General, Maj. Gen. (KS) Lee Tafaanelli and Kansas Department of Transportation Secretary Deb Miller joined the Governor to summarize the state's response.

"This was the third winter storm to hit Kansas in as many weeks. Thank you to the hundreds of state employees who once again left the safety and comfort of their homes to ensure Kansas got through the storm. They worked long shifts to clear the roads, to respond to stranded travelers and to keep us informed about the developing weather," Brownback said.

"Unfortunately, we lost three Kansans to storm-related accidents. Our thoughts and prayers go out to their families."

Those state agencies who took part in the state's emergency response included the Kansas National Guard, Kansas Highway Patrol, Kansas Department of Transportation, Kansas Department of Health and Environment, and Kansas Department of Social and Rehabilitation Services as well as the Federal Emergency Management Agency (FEMA).

"Our emergency management team, along with the assistance of the National Guard, other state agencies and FEMA, worked extremely hard to ensure Kansas counties had the resources they needed to respond to this storm," said Tafaanelli. "It was truly a team effort."

Miller said Kansans across the state heeded weather warnings and advice to stay home and that helped her crews do their job.

"This was a dangerous storm for travelers and for those we count on to keep the roads open. Many people stayed home, which made it much easier and safer for the snow plow operators to do their jobs. As a result, we were able to clear the roads quicker and more effectively," Miller said.

Brownback said the agencies will spend the next week compiling a list of any weather-related damages to public infrastructure to determine whether the state qualifies for a federal disaster declaration.



Maj. Gen. (KS) Lee Tafaanelli, Kansas adjutant general, comments on the National Guard mission for the winter storm during the Governor's press conference.

Photo Provided

The storm by the numbers:

- 53 counties were included in the Governor's State Disaster Declaration
- 23 counties issued disaster declarations of their own
- \$1.6 million early estimated costs for KDOT
- \$9,000 early estimated costs for the Kansas National Guard

National Guard Missions:

- Ten Troops from the 242nd Engineer Company, Coffeyville, and 8 troops from the 772nd Engineer Company, Pittsburg supported local authorities with transportation of medical professionals. They conducted 27 transports.
- Eight Guardsmen from the 250th Forward Support Company also assisted by transporting medical professionals. They performed health and welfare checks, and talked with local officials to see if anything else was needed.
- A total of 27 Guardsmen were activated to support missions

Tactical Combat Casualty Care

Story and photos by
Sgt. David Hulsen



Sgt. Mendez kneels to assist personnel with tactical combat casualty care..

In late November 2010, four medics from the 2nd Combined Arms Battalion, 137th Infantry assisted the U.S. State Department in a medical mission in Djibouti City, Djibouti. The mission was part of the Africa Contingency Operations Training and Assistance (ACOTA) program, and the intent was to partner with Djiboutian medical personnel. The event included 10 days of both classroom and field exercises.

The team presented the U.S. Army's Tactical Combat Casualty Care (TCCC) approach to battlefield casualty care. This course outlines the three phases of care on the battlefield: Care Under Fire, Tactical Field Care and Tactical Evacuation Care. Treatment is concentrated on life-threatening bleeding, airway and breathing complications, and circulation issues. The course also covered treatment of secondary wounds, such as broken bones and burns.

During the 10-day course, the 2-137th medics partnered with ACOTA's retired U.S. military personnel to facilitate an exchange of medical knowledge with their Djiboutian counterparts. This was especially challenging, as the Djiboutian primarily spoke Somali as their first language and French as the second. The

English speaking medics had to work through ACOTA's translators in French. Most of the knowledge sharing was hands-on, demonstrating different ways to move and treat injured soldiers. The overwhelming impression from the 2-137th medics was that the Djiboutian medical personnel were hard-working, attentive, and creative. The Djiboutians demonstrated their mastery of the subject during a full-speed Trauma Lane conducted on the last day of the course. Squad-sized elements of Djiboutian soldiers were put into a hypothetical scenario. For each of the cycles, two Djiboutians were designated as medics and the others supported treatment and provided security. Support was offered by the 2-137th Forward Support Company to serve as casualties.

This realistic and full-speed training was popular with the Djiboutians and attracted the attention of Djiboutian and American general officers. After all of the Djiboutian medics had an opportunity to go through the scenarios, the generals presided over a graduation and photo opportunity. Partnerships of this sort are common throughout the continent of Africa, and it is an honor and a privilege for the 2-137th to be able to play such an active role.



Sgt. Mendez kneels to assist personnel with TCCC.

ADT #2 returns home



Story and photo from the State Public Affairs Office

The Kansas National Guard's Agribusiness Development Team #2 was welcomed home from their year long deployment to Afghanistan on Jan. 13, in the Kansas Army National Guard South Armory, Wichita, Kan.

The ceremony welcomed home and honored approximately 60 Soldiers and Airmen who spent the last year assisting Afghans in the Laghman Province develop efficient agribusiness techniques and practices. The ADT #2 is commanded by Col. Mike Dittamo. Sgt. Maj. Dennis Holder is the noncommissioned officer in charge.

The unit deployed Jan. 14, 2010, after training at the Kansas Regional Training Center, Salina, Kan.

"This team did an outstanding job of building on the relationships formed by the first team," said, Maj. Gen. (KS) Lee Tafanelli, the adjutant general. "Programs like this are what help us 'win friends and influence people.' I thank them for their hard work

and welcome them home for some well-deserved down-time."

The ADT #2 is the second of five teams being sent by the Kansas National Guard, in partnership with Kansas State University. The teams work in conjunction with the Provincial Reconstruction Team, U.S. Agency for International Development, U.S. Department of Agriculture, the Department of State and other agencies in Afghanistan's Laghman Province to assist in building capabilities for increased agricultural production, training and services, and improving the safety of food and other agricultural products produced and distributed to the Afghan people. They also assist in the development of sustainable agriculture and other related enterprises that will increase the economic well-being of the Afghans.

The third Agribusiness Development Team arrived in Afghanistan in December 2010, and is now in place in the Laghman Province continuing the work of the first and second teams.

TriCare Young Adult Frequently Asked Questions

Q) What is TriCare Young Adults?

A) The TriCare Young Adult (TYA) program extends dependent medical coverage via a premium-based program. Coverage is extended from age 21 (age 23 if full-time college student and dependent on sponsor for more than 50 percent of your financial support) up to age 26 for unmarried dependents who don't have access to employer-sponsored health care coverage. TRICARE previously met or exceeded key tenets of national health reform, including restrictions on annual limits, lifetime maximums, "high-user" cancellations, or denial of coverage for pre-existing conditions - but did not include this expanded coverage for adult children. The National Defense Authorization Act (NDAA) for fiscal year 2011 gives the Department of Defense the authority to offer similar benefits to young adults under TRICARE.

Q) How will the TYA work?

A) Qualified dependents who lose TRICARE eligibility, and are under the age 26, can purchase TYA coverage based on the military sponsor's eligibility. Monthly premiums are required under the NDAA. If you are a qualified dependent, you will submit an application and premium payments to a regional contractor, or the overseas contractor for processing. Cost shares, deductibles, and catastrophic caps vary based on the TRICARE plan selected and the sponsor's status. Initially, only TRICARE Standard / Extra will be available. Once TYA is implemented, you may elect to pay premiums back to Jan. 1, 2011, for claims processing purpose. Future plans include an option to purchase coverage under the Prime option.

Q) Why is the implementation of the TYA program not immediate?

A) Although implementing a new program often takes more than a year from authorization, TYA Standard / Extra is operating on an accelerated implementation schedule. TRICARE is still working out all the details of eligibility, coverage and costs; design, test and implementation of the software and systems changes required; updating Department of Defense eligibility databases; and developing patient education. The specific implementation date will be announced as soon as possible. Once TYA is implemented, you may elect to pay premiums back to Jan. 1, 2011, and file retroactive claims. TRICARE recommends you keep all receipts for care received on or

after Jan. 1, 2011, for claims processing purposes.

Q) How much will TYA coverage cost?

A) Premiums are currently being calculated and will be equal to the government's fill cost of providing the benefit as specified in the NDAA 2011.

Q) Will TRICARE Prime be an available option under the TYA program?

A) TRICARE Standard / Extra will be offered first, but TRICARE Prime option is anticipated later in 2011. All options under TYA will require monthly premiums.

Q) Am I eligible for the TYA program while I am covered under a student health plan offered by my school?

A) Yes, as long as you are an unmarried dependent under the age of 26 without eligibility for employer-sponsored health care coverage. TYA will act as a second payer if you retain the student health plan.

Q) What if I need health insurance now?

A) Once TYA is implemented, if you are eligible, you may elect to pay the monthly premiums back to Jan. 1, 2011, and file retroactive claims. TRICARE recommends you keep all receipts for care received on or after Jan. 1, 2011, for claims processing purposes. If you are not sure you will be eligible for TYA and are within 60 days of loss of TRICARE eligibility, you may consider the Continued Health Care Benefit Program available when all other TRICARE eligibility ends. For more information, see www.tricare.mil/CHCBP

Q) I am a family member currently purchasing individual Continued Health Care Benefit Program coverage because I am aged out of TRICARE. Must I terminate that coverage and purchase TYA coverage?

A) Yes, but not until the TYA program is implemented. Remember, your military sponsor must still be entitled to TRICARE coverage and you must meet the requirements of being an unmarried dependent, under the age of 26, without eligibility for employer-sponsored health care coverage. You will receive a prorated reimbursement for your CHCBP premiums once TYA is implemented.



Above: Wounded Warrior Staff Sgt. Ken Wilson talks with Governor Sam Brownback and Adjutant General, Maj. Gen (KS) Lee Tafanelli.

Left: Staff Sgt. Wilson introduces Governor Brownback to his mother, Lucy Wilson, during the inauguration ball.

Photos by Maj. Mike Wallace, 105th MPAD



Inauguration from page 4

At the Governor's Ball that was held on Saturday, January 8, some of the special guests included Wounded Warriors from the Kansas National Guard. One of the Wounded Warriors that received a special invitation was Staff Sgt. Ken Wilson. He was very surprised to get an invitation and he asked his mother, Lucy Wilson, to attend the event with him. Wilson said it was nothing like he had ever experienced be-

fore and he was honored to take part in this special evening. The table where Wilson was placed as one of the honored guests was sponsored by Mr. Dan Tasset, Chairman of Neuterra Holdings LLC, of whom Wilson commented, "he was a very, very nice person, and extremely popular that night too!" One of Wilson's memorable moments of the evening was when Maj. Gen. (KS) Lee Tafanelli, the State's new Adjutant General, walked over to his table to say hello to Staff Sgt. Wilson and his mother. The adjutant general then took the pleasure to introduce Governor Sam Brownback to him also. Wilson was just thrilled to have the chance "to meet a lot of outstanding people and our new leaders for the state of Kansas." In all the excitement Wilson and his mother Lucy forgot to use their cameras, but not to worry as photographers there and have since forwarded the photos of some of these moments to Staff Sgt. Wilson and his family.

See "Inauguration" continued page 17

From “Inauguration “ continued page 16

Wilson summed up his feelings about the Kansas National Guard, simply saying that “they have been good to me.”

The entire 35th Infantry Division Band out of Olathe performed at the Governor’s inauguration and commenced the swearing-in ceremony with the traditional “Honors to the Governor” and also played the state song, “Home on the Range”. The commander of the 35th ID Band, Chief Warrant Officer 4 Stephen J. Patterson, has been with the unit for over 32 years and has participated in nine inaugural ceremonies. Patterson stated that “this is the first time in Kansas history that the inauguration was held indoors” but that there were “contingency plans in place so that everything still went well although on a reduced scale due to the smaller space.”

The 35th Infantry Division Band was composed of 55 members that come from Kansas and its neighbor-

ing states of Missouri, Oklahoma and Iowa. Sgt. Rachel Adame, a trumpet player, has been with the band for four years but has been playing the trumpet for fifteen years. This was her second inaugural ceremony and she was ecstatic about it, saying that “it gives you a sense of pride to be an American and also in being from Kansas.”

Adame is also a band teacher at the Most Pure Heart of Mary School in Topeka. For one of the percussionists with the band, Spc. Joseph Dillman, this was his first time participating in an inaugural ceremony. Dillman also said he felt a sense of pride and enjoyed “the opportunity to play for the governor and for the public.” He has been playing percussion for 15 years, and he is also currently an economics major at the University of Missouri-Kansas City.

The Adjutant General’s ceremonial platoon provided the Color Guard to escort and present the U.S. and Kansas flags at the swearing-in ceremony. Command Sgt. Major Scott Haworth, as the state’s senior enlisted service member, oversees the ceremonial platoon and Color Guard. Working with Master Sgt. Craig Posch, the members of the Color Guard are trained to the Old Guard standards, and are well-prepared and squared away in performing this important function. Haworth said that “Soldiers strive to be a part of this, they are proud of their participation.”

Sgt. Kasey Keck, as a member of the Color Guard, says that he is honored to be on this special team and that it has provided him “several opportunities for networking and attending unique events that I would not have had access to as a typical Soldier.”

The Color Guard is always looking for more Soldiers that want to participate on this special team so if there is a Soldier out there that is interested in volunteering for the Color Guard, get in contact with Haworth or Posch. Haworth summed up the meaning behind the Color Guard, saying “The color guard represents the United States, the U.S. military, and the Kansas Guard. The Color Guard represents all the Soldiers and those who have died for our country.”

The Kansas governor’s inauguration was an important event for all the people of Kansas. The swearing-in ceremony took place as it always has by tradition despite the snow and arctic cold weather. The Kansas National Guard stood ready and prepared and took the necessary steps in providing a smooth transition in assisting with the State’s contingency plan for the bad weather that welcomed in the new governor of Kansas at his inauguration.



Sgt. 1st Class Bill McGinnis, 105th MPAD, shoots during inaugural ceremonies.

Photo by Maj. Mike Wallace, 105th MPAD

Kansas Soldiers Help Sailors Find Their Land Legs

Story by Staff Sgt. Joshua W. Moore

Soldiers of Charlie Company 2nd Combined Arms Battalion 137 Infantry Regiment assisted Sailors from the Maritime Expeditionary Security Squadron One Detachment Bravo in working to earn the Enlisted Expeditionary Warfare Specialist Badge. The Enlisted Expeditionary Warfare Specialist Badge is an award presented to Sailors who have successfully completed a course that includes but is not limited to weapons

qualification and maintenance, marksmanship, land navigation, field communications, and expeditionary camp deployment. Without hesitation the Charlie Company Soldiers took the opportunity to get back to Soldiering basics and help their Brothers and Sisters in Arms. The Soldiers assisted by instructing Land Navigation (classroom portion and Land Navigation Course), Individual Movement Techniques, movement as a fire

team, and movement as a squad. The Land Navigation Course consisted of finding their position on a map and then navigating to four points on the map. Upon completion of the course the Sailors had traveled approximately 2200 meters. About half of the Sailors had prior experience doing Land Navigation. Of the 50 percent that had experience many were actually prior service Army, so it was a great refresher for them. As for the other 50 percent, they caught on quickly and the course ended with a 100 percent pass rate. SFC Buskirk remarked, "The training actually went really well, they learned a lot and it was a lot of fun." Traditional Soldier skills, like land navigation, are the bread-and-butter of any combat arms leader.

The lucky Soldiers that received an opportunity to give instruction in basic Soldier skills included 1st Lt. Wilkins, Sgt. 1st Class Buskirk, Sgt. Ehler, Sgt. Kaestner, Sgt. Trejo, Spc. Ellington, Spc. Suhler, and Spc. Weber. The Maritime Expeditionary Security Squadron One, Detachment Bravo, has had two classes in Soldier skills. The Army provided the instruction for the first class and a second class was taught by prior students instructing the new students. This isn't the only time the two units have trained together.

The Maritime Expeditionary Security Squadron One, Detachment Bravo, had previously helped the Charlie Company Soldiers find their sea legs by conducting the Navy's second class swim test. Congratulations to both Soldiers and Sailors alike for finding time in their busy schedules to enhance the skill sets of one another.



Soldiers of the 2-137th Combined Arms Battalion work with Sailors at Camp Lemonnier, Djibouti as they learn land navigation skills. The sailors were working toward earning the Navy Enlisted Expeditionary Warfare Specialist Badge.

Photo provided

Is your Story Being Told?

Every unit has stories to tell and things that they are doing that should be shared with other Soldiers throughout the state. Submit your stories or ideas to the Kansas Sentinel and the Plains Guardian by contacting us at:

**phillip.witzke@ng.army.mil
jane.welch@ng.army.mil**

2nd CAB, 137th IN Brings Contemporary Experiences and Training

Story by Capt. Kimberly Young, 2-137 CAB

Taking command of a Forward Support Company in a Combined Arms Battalion usually doesn't include preparing your Soldiers to teach partner nation forces to maintain civilian vehicles in Mozambique. This is just one of many missions in which Soldiers of the 2137th FSC commanded and acted as mentors. FSC sent Soldiers to seven African countries. To date, the

to three mentors; sometimes the team members are of similar skill sets, other missions require a variety of skills. For example, a team supporting a Command Post Exercise will normally consist of officers with staff duty experience at battalion level or higher. A Peace Support Operations Soldier Skills Training team will utilize staff Non-Commissioned Officers who are experienced at training Soldiers in basic field skills.



Sgt. Ben Cornelius explains basic vehicle maintenance techniques during a Humanitarian Mine Action training event in Mozambique.
Photo provided

FSC has provided 36 mentors to participate in Department of State, Humanitarian Mine Action, Explosive Ordnance, and Civil Affairs programs that bring US military ser-vice members and partner nation Soldiers together to share experiences and knowledge of their Military Occupational Specialty (MOS), and occasionally their wealth of civilian-skills.

Having had the opportunity to experience Mil-to-Mil interaction firsthand in Uganda and Burundi, I know these missions can be a combination of overwhelming, humbling, and rewarding. Differences in language, culture, environment, doctrine, social and economic development all play a part in the experience; and the amount of interaction that can be achieved during these missions. Teams usually consist of two-

Due to the complex nature of these missions, the process required for a mission team to be approved is very thorough. Teams receive briefings to ensure they are familiar with the cultural climate, population makeup, cultural norms, political disposition, and potential involvement with the partner nation military through strategic communications messages developed specifically for the unique mission and location. The information obtained through the briefings culminates in a presentation for the Commander, or Deputy Commander and Combined Joint Task Force – Horn of Africa (CJTF-HOA). The briefing room can be quite intense; each Joint Staff section is represented during

the brief by their department head, usually an officer of O-6 grade, and other members of the staff. The mission commander is responsible for ensuring that his or her team members are prepared for the mission. This preparation includes verifying that transportation and lodging are approved and secured, passports and funds are on hand, communications equipment and survival items are procured and the material to be covered during the mission is ready for presentation and instruction in either a classroom or field environment.

Overall, 2-137th has conducted 49 military-to-military missions, providing 140 Soldiers the opportunity to partner with Soldiers in 10 African nations.



Photos and story by Sgt. 1st Class Phillip Witzke, 105th MPAD



Battery C, 2nd Battalion, 130th Field Artillery members, Spc Ben Pitts, loader; Staff Sgt. Kevin Newell, gunner; Sgt. 1st Class Steve Ahlstedt, NCOIC and Cpt. Steven Schneider, commander, orchestrate the firing of the 19-gun salute.

As part of the inauguration ceremony, it is traditional to fire a battery of 19 guns in honor of the governor. For Governor Sam Brownback's ceremony, members of the Battery C, 2nd Battalion, 130th Field Artillery were tasked with firing the salute. And, even though the ceremonies were moved inside due to the blizzard conditions outside the salute was still fired in his honor.

The tradition of saluting can be traced to the Middle Ages practice of placing oneself in an unarmed position and, therefore, in the power of those being honored. This may be noted in the dropping of the point of the sword, presenting arms, firing cannon and small arms, lowering sails, manning the yards, removing the headdress or laying on oars.

The gun salute might have originated in the 17th century with the maritime practice of demanding that a defeated enemy expend its ammunition and render itself helpless until reloaded — a time-consuming op-

eration in that era. Also, the gun salute was established as a naval tradition by the late sixteenth century. A man o' war which visited a foreign port would discharge all its guns to show that its guns were empty. Since the ship would not have enough time to reload before it was within range of the shore batteries, it was clearly demonstrating its friendly intentions by going in with empty guns.

Salute by gunfire is an ancient ceremony. The British for years compelled weaker nations to render the first salute; but in time, international practice compelled "gun for gun" on the principle of equality of nations. In the earliest days, seven guns was the recognized British national salute because seven was the standard number of weapons on a vessel. In that day, gunpowder made from sodium nitrate was easier to keep on dry land than at sea. Thus those early regulations stated that although a ship would fire only seven guns, the forts ashore would fire three shots to each one shot

Through the lens...

The system of odd numbered rounds is said to have been originated by Samuel Pepys, Secretary to the Navy in the Restoration, as a way of economizing on the use of powder, the rule until that time having been that all guns had to be fired. Odd numbers were chosen, as even numbers indicated a death.

With the increase in the quality of naval gunpowder, by the use of potassium nitrate, honors rendered at sea were increased to the shore salute. 21 guns became the highest national honor, although for a period of time, monarchies received more guns than republics. Eventually republics gained equality in Britain's eyes. There was much confusion because of the varying customs of maritime states, but finally the British government proposed to the United States a regulation that provided for "salutes to be returned gun for gun." The British at that time officially considered the international salute to sovereign states to be 21 guns, and the United States adopted the 21 guns and "gun for gun" return on 18 August 1875.

A myth common in the United States of America relative to the origin of this tradition is that the year 1776 inspired the 21-gun salute because the sum of the digits in 1776 is 21 (i.e., $1+7+7+6 = 21$). This, however, is not true. Beginning in the colonial period, the United States fired one shot for each state in the Union as its national salute. Today, the national salute is 21 guns.

Each round in a gun salute is fired one at a time. The number of cannon used in a battery depends upon the intervals between each round fired. For example, a 3-gun battery has 2 of its guns firing, each at 5 second intervals between rounds, with 1 gun at the ready in case of a misfire; such a battery would be used at an Armed Forces Full Honors Funeral, or for State Arrival Ceremony of a foreign dignitary at the Tomb of the Unknowns in Arlington National Cemetery. A 4-gun battery has its first 3 guns firing rounds at 3 second intervals, with the 4th gun (again) at the ready in case of misfire.

The U.S. Army Honor Guard Standard Operating Procedure for Gun salutes provides a 2-man gun crew (one loader, one gunner) for each cannon, as well as a 5-man 'staff' of soldiers to give the fire commands. The staff includes an Officer in Charge, a watchman (who marks the intervals and signals each gun to fire),

an assistant watchman (as a backup), a counter (who keeps track of the number of rounds fired and signals the last round to the Officer in Charge), and a Non-Commissioned Officer in Charge (who marches the battery into place as well as signals the backup cannon to fire in case another gun misfires).

19-gun salutes are reserved for deputy heads of state, chiefs of staff, cabinet members, and 5-star generals and governors. For each flag rank junior to a five-star officer, two guns are subtracted. (e.g., for a four-star general, a 17-gun salute is prescribed; a three-star general would rate a 15-gun salute; a two-star, 13-guns and a one-star, 11 guns) More information regarding gun salutes can be found in Army Regulation 600-25.



Fire!

Through the lens...



In a traditional firing battery of four guns, as this one had, each gun fires at a three second intervals, thus allowing only six to nine seconds for each gun to discharge, reload, ready and fire again. In the traditional 19-gun firing during the inauguration, each gun would fire six times, according to regulation, with one firing a seventh time...in case you are doing the math, yes, there are four guns. However, one gun always remains at the ready in case of a misfire, in which case that gun crew would have an additional six to nine seconds to fix the problem and come back online and be ready to fire. Traditionally, and in the absence of a watch, the master gunner times the interval between shots by saying, "If I weren't a gunner, I wouldn't be here. Fire one" (two, three, etc).



Gunner, Staff Sgt. Kevin Newell and loader, Spc. Benn Pitts go through the sequence of firing a salute from fire, reload, ready to fire.

The Centers for Disease Control and Prevention (CDC) urges you to take the following steps to protect yourself and others from influenza (the flu):

CDC SAYS: “TAKE 3” ACTIONS TO FIGHT THE FLU

CDC URGES YOU TO TAKE 3 ACTIONS TO PROTECT AGAINST THE FLU.

#1 Vaccinate

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- While there are many different flu viruses, the flu vaccine protects against the three viruses that research suggests will be most common.
- The 2010–2011 flu vaccine will protect against an influenza A H3N2 virus, an influenza B virus and the 2009 H1N1 virus that caused so much illness last season.
- Everyone 6 months of age and older should get vaccinated against the flu as soon as the 2010–2011 season's vaccine is available.
- People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.
- Vaccination is also important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to high risk people.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.

#2 Stop Germs

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- While sick, limit contact with others as much as possible to keep from infecting them.

#3 Antiviral Drugs

- If you get the flu, antiviral drugs can treat your illness.
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.
- It's very important that antiviral drugs be used early (within the first 2 days of symptoms) to treat people who are very sick (such as those who are hospitalized) or people who are sick with flu symptoms and who are at increased risk of severe flu illness, such as pregnant women, young children, people 65 and older and people with certain chronic health conditions.
- Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

FLU-LIKE SYMPTOMS INCLUDE:

fever	cough	sore throat	runny or stuffy nose
body aches	headache	chills	fatigue

Some people may also have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without fever.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

For more information,
visit [HTTP://WWW.FLU.GOV](http://www.flu.gov)
or call 800-CDC-INFO

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